

The TBC30 Plan

A 6-Step Diet & Exercise Strategy for Life

Michael Wood, CSCS

Director, Michael Wood Fitness

Foreword by Dr. Hari Khalsa

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Foreword

For over thirty-five years I have been in the health care industry, and have seen much change and growth in the types of services offered to patients. Through all the change, an essential profession has emerged; the personal trainer. As a physician specializing in neuromusculoskeletal conditions, I feel that every patient needs to engage in a dynamic strengthening, stretching and aerobic regime in order to truly obtain their optimal health. Without the proper guidance and supervision, a patient can risk further injury and complication of their condition. I have had the pleasure of reading Michael Wood's TBC30 Plan. His years of experience, both scholarly and practically, are demonstrated throughout this ambitious text.

Michael has many strong attributes that helped him have such a successful company; he has a genuine concern and commitment to his client's physical wellbeing, as well as a keen business savvy that helped him create his loyal customer base. These skills are fundamental in a progressive, growing practice. I am pleased that Michael is able to share his ideas and years of experience; many can benefit from his thoughtful approach.

Dr. Hari Khalsa
Chiropractic Physician
Khalsa Chiropractic
Cambridge, MA

About the Author

Michael Wood, CSCS, is widely recognized as one of the nation's top strength and conditioning experts. He serves as Founder & Director of Michael Wood Fitness, formerly known as the Sports Performance Group, founded in 1988. The award-winning fitness-consulting company calls some of the biggest names in the athletic, academic, and entertainment industries their clients. The company has completed more than 35,000 training sessions to date under Michael's guidance.

Michael is the former Chief Fitness Officer at Koko FitClub, a national fitness franchise throughout the U.S. and Canada. During his tenure, Michael was responsible for product development involving

coaching, and exercise and nutrition content including building 150 strength-training and 500 audio-based cardio training programs. His exercise programs were completed 205,000 times each month across the entire franchise system. Michael's honors have included receiving the coveted Boston Magazine "Best of Boston" award and in both 2004 and 2005 Men's Journal named Wood one of the top 100 trainers in the United States. In the December 2004 issue, the magazine also included Michael on their trainer "Dream Team," comprised of the nine best trainers in the U.S. He is a member of the Fitness Industry Technology Council and sits on the advisory board at Koko FitClub and Perch.fit and is a former member of Power Bar Team Elite. Michael has also raised money for two scholarship funds when he reached the summit of Africa's

highest peak, Mt. Kilimanjaro (19,340'), in 2008 with Thompson Safaris.

His professional experience includes positions with two MA-based Velocity Sports Performance facilities (Director of Business Development and Business Director) and the New England Sports Academy (Director of Strength & Conditioning). In addition, he had the great fortune of working as Assistant Strength and Conditioning Coach at the University of Connecticut and Senior Exercise Physiologist at the Nutrition, Exercise Physiology and Sarcopenia Laboratory at the USDA-HNRC on Aging at Tufts University in Boston.

Michael wrote a monthly fitness column for *Walking Magazine* called "One Minute Moves" and his fitness column, during his three-year tenure

as contributing editor, at HealthGate.com (now EBSCO) was hosted on more than 650 medical websites. His exercise programs have been featured in two books, The 30-Minute Fitness Solution (by JoAnn Mansion, MD and Patricia Amend, Harvard Press, 2001) and Cut Your Cholesterol (William Katz, MD, and Debra Gordon, Reader's Digest, 2003). Michael was also featured in the List Makers Get-Healthy Guide book from the Editors of Prevention Magazine (Rodale Books, 2010).

Michael taught undergraduate strength and conditioning courses at both Boston University and the University of Connecticut where he also attended graduate school. He attended Springfield College on an athletic scholarship before earning a

B.S. in Human Performance/Exercise Physiology from the University of Massachusetts at Boston and an A.S. in Physical Therapy (PTA) from North Shore Community College.

Disclaimer

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“Eating alone will not keep a man (or women) well; he must also take exercise. For food and exercise work together to produce health.”

- Hippocrates

The choices that we continue to make regarding diet and exercise are simply not working. A significant number of people in this country, and worldwide for that matter, have impaired health and low fitness levels. This is due in large part from an increasingly sedentary lifestyle coupled with poor nutritional choices (WHO, 2014, and Health Intelligence, 2015). The average American spends more than 9 hours a day sitting. Research shows that people who sit the most have a 112 percent increase in the Relative Risk (RR) of Diabetes and a 147 percent increase in the RR of

cardiovascular events compared to people who sit the least. Sitting down for a large part of the day has similar mortality rates to smoking (Wilmot et al., 2012). This just helps fuel the fire adding to the list of reasons why more than one-third of U.S. adults are currently obese (35.1 percent or 78.6 million) and 33.9 percent are overweight (JAMA, 2012).

When you look at the groups collectively, approximately 70 percent of Americans are either overweight or obese! It's time for a different approach and a much needed change in mindset if in fact you're ready to improve the most precious of all commodities: your health and wellbeing.

Let's be honest, we know this can be a very difficult task since most people, from my experience, do not even like to exercise and this is one area where mindset plays a big role. Do you consider yourself

as a person who has a fixed mindset or growth mindset? More than 30 percent of people will not workout at all this year while only 5 percent will exercise at a level that is considered vigorous. There were about 81.6 million Americans who were completely inactive in 2015. In addition to factors like genetics, emotional instability, and sleeplessness, lack of physical activity is one of the leading causes of obesity. With that said, one of your exercise goals is to carve out just 20 to 30-minutes a day and start moving more. That's it! You can find half an hour each day and make a commitment to yourself (and your family) to improve your health and fitness.

The TBC30 Plan will get you moving down the path that you need to be on to finally get results. This

plan, by the way, has worked for hundreds of my private clients as well as clients I have coached online who have followed the plan. You need to implement the following TBC30 steps and nutritional strategies into your lifestyle over the course of the next four-weeks and it will work for you as well.

“Given what we know about the health benefits of physical activity, it should be mandatory to get a doctor’s permission not to exercise.”

**- Per-Olof Astrand, MD, PhD, Karolinska
Institute, Stockholm, Sweden**

Many government agencies recommend that individuals follow a customized exercise and nutrition plan tailored to their specific needs and

goals to ensure optimal results. It sounds pretty basic but it rarely happens. If you do not develop an initial plan and set individual goals then how will you ever know if and when you finally get there?

If someone has not exercised for a long period of time or is a novice, they should start slowly, keeping the exercise volume at a low training threshold. The goal and focus during this time period should be on developing efficient movement patterns and improving overall fitness level and then on subsequent strength development. After a specific time period, the focus can transition to increasing the volume of work depending on the needs and goals of the person. Any increase in volume (repetitions/sets/load), once again, should not take place until that person

has mastered movement competency involving the exercises they have been doing.

Movement competency is described as the ability to move free of dysfunction or pain.

The Total Body Conditioning Plan (TBC30) is a 30-day, science-based, diet and exercise plan that has a history of getting results by helping to change mindset and eventually behavior. This in turn plays a major role in terms of how you think about and utilize diet and exercise. A key component in regard to changing behavior is “moving from unconscious, automatic reactions to conscious, deliberate decisions. The program offers a game plan with specific daily and weekly steps that you will need to follow. In addition to these steps, there are

eight diet strategies that will help improve your chances of success. The TBC30 Plan believes in an eating philosophy that includes eating whole, minimally processed, nutrient-rich foods while being mindful of your daily sugar intake. The best news is, it typically takes about 30-days for your body to begin to see change as a result of your new diet and exercise mindset. Making the commitment to exercise regularly and focus on the specific TBC30 diet strategies are two important initial steps. The basic concept is to use the plan as a template to bolster commitment and hopefully “ingrain the habits into your brain.” There are 6-steps to follow over the course of your 30-day plan and each one of these individual steps have a specific game plan. Each game plan needs to be

incorporated into your lifestyle in order to be successful. The 6-steps include:

- (1) Work on changing mindset
- (2) Perform a fitness assessment
- (3) Add more daily movement
- (4) Get stronger
- (5) Get leaner
- (6) Get more sleep

By the time you complete your 30-day plan, you'll improve not only your health and fitness, but more importantly, exercise will become habitual and you'll think twice about your choices when it comes time to fuel your body.

If this is not the right time for you to begin the program – then hold off – and come back when you

can commit the time and energy necessary needed for you to be successful.

STEP 1: GET A NEW MINDSET

“Failure is not fatal, but failure to change might be”

- John Wooden, former UCLA Basketball Coach

A big step in changing your mindset is to first determine what type of mindset you actually have. Mindset typically falls under one of these headings, either a fixed mindset or a growth mindset. According to Carol Dweck, a world-renowned Stanford University psychologist, we can either have a fixed mindset where we let failure or even success define who we really are. Someone with a fixed mindset believes their intelligence and personality are carved in stone and their potential is

determined at birth. On the flipside we have a growth mindset, which is someone who ultimately sees setbacks or failures as opportunities to grow and improve. This person believes their intelligence and personality can in fact be developed and their true potential is unknown.

One of the goals of the TBC30 Plan is to bring awareness to the connection between your body, brain and breath, referred to as mindfulness. Mindfulness is when you are truly present, mind and body together. Many of us never quite reach our health and fitness goals because working on mindset and behavioral change were not initially part of the overall plan. When this is the case, you never reach the point where you're fully vested in yourself and the program and as a result, it's

unlikely that your diet and exercise goals will ever be met, sound familiar? I have stated this time and time again over the course of my career, “it does not matter how good your diet and exercise prescription are, if mindset and behavior are not changed, long-terms goals will not be met.”

“Your mindset is your collection of thoughts and beliefs that shape your thought habits. And your thought habits affect how you think, what you feel, and what you do. Your mindset impacts how you make sense of the world, and how you make sense of you.” (Source: <http://sourcesofinsight.com>)

It is important to understand that changing ones mindset takes time. There is actually an ancient Greek word, metanoia, used to describe such a transformation and it's defined as “the journey of

changing one's mind, heart, self, or way of life.” You need to first find something that you really enjoy doing and incorporate the activity into your daily life. It's not about counting calories, doing a specific workout or following a specific diet. You need to set realistic expectations when it comes to diet and exercise. When you change your mindset you see diet and exercise as something you're in total control of rather than looking at it as a chore or something you have no control over. You need to make it fun and enjoyable. In a 2014 study in the Journal of Economic Behavior and Organization, Australian researchers looked at the relationship between various personality traits and exercise and other health-related habits. The researchers found that people who thought they had control over their lives were more likely to

exercise and adopt other healthy steps than those who felt that luck or fate largely dictated their lives.

Game Plan:

- Become more aware of your breath throughout the day.
- Be aware of your entire body during each breath.
- Work on releasing tension in your body while sitting, standing and walking.
- Turn your walking into “walking meditation” – every step is enjoyable!

STEP 2: GET A NEEDS ASSESSMENT

“If you can’t measure it, you can’t improve it.”

- Peter Drucker

A needs assessment can be defined as the process of identifying and evaluating the needs of a person and possible solutions to problems. It can be viewed as the gap between “what is” and “what should be.” A needs assessment focuses on the future, or what should be done, rather than on what was done as is the focus of most program evaluations (Witkin et al., 1995). Let me ask you a question – how can you really manage something if you don’t measure it? Any good exercise program comes with periodic assessments that can double as

check-in and motivational tools to help keep you committed to the plan and on track.

I want you to ask yourself, what do you really want to get out of the TBC30 Plan when it's all said and done? Write down your goals and remember you don't own them until you actually write them down. Go into your smart phone right now and open up notepad and list your goals. A few options in regard to setting goals might be to lose weight, reduce percent body fat, have at least a 2:1 height-to-waist ratio (HWR), decrease your waist-to-hip ratio (WHR), walk between 8,500 to 10,000 steps a day, sit down on the floor and get up without using your hands, or to climb 10 flights of stairs a day. Maybe your goal will be to limit added sugar, do more push-ups or pull-ups, hold a plank for 2:00 or possibly run 1.5 miles in a specific amount of time.

Maybe you're looking to improve your health first from within trying to improve, for instance, your blood profile (see Inside Tracker). Some or maybe all of these suggestions could be the right goals for you to work towards improving by the end of your TBC30 Plan. That's your call; you know your body best. Again, write it down so you can own it.



Photo credit: <http://mamabee.com>

Game Plan:

- Determine your WHR (waist/hip in inches) (use a Gulick tape measure)
- Determine your HWR (height/waist in inches)
- Find your average 3-day step total (use a pedometer or watch)
- Plank Challenge – record your baseline plank time
- Download the MyFitnessPal and Fooducate apps to monitor added sugar

TBC30 Plan (Example) Assessment Form

Measurement	Baseline	Follow-up	Delta	Comment
WHR	1.04	1.01	0.03	Lost 1.5" – goal <0.99
Body Weight	204	196	8	Goal 185 lbs.
%Body Fat	29	26	3	Short term goal is 25%
HWR	1.62	1.68	+0.06	Want a 2:1 ratio
Plank Test	1:30	2:45	+1.15	Great effort!
3-day Step Ave.	7700	9250	+1550	Nice – goal 10,000 steps/day
Added sugar (grams/day)	105 g/d	56 g/d	-49 g/d	Good work – goal: 38 grams/day

Additional test options (examples): Blood profile, grip strength, vertical jump, 1-mile run, 500 meter row, max # pull-ups or chin-ups, etc.

STEP 3: GET MOVING

There is a great deal of published data to back up the following statement – we are “sitting too much, moving less and it’s killing us earlier than expected.” The TBC30 Plan looks to change all that. In order to change it, we need to use technology as a motivational tool to help us (1) move more when not at the gym (2) help hold us accountable and (3) track and monitor our movement. Before we talk about technology though let’s first discuss what is known as the Hawthorne Effect. The Hawthorne Effect was first developed by Henry A. Landsberger and is defined as a change in the performance of a person under observation because they are aware that they are being observed. This is why subjects in various research studies, as well as personal

training clients, increase their chances of success because they are constantly being observed and the same may hold true when working with different types of technology. When a person knows they are being monitored or have the ability to check in periodically and report how they are doing on a regular basis, their chances of success for that specific task improves. The TBC30 Plan recommends purchasing a Fitbit pedometer. Next, determine your three-day average for daily steps and begin adding 500 to 750 steps each week until you reach your personal goal (8,500 to 10,000 is our suggestion) and then work hard to maintain that level.

Karyn Hughes, MEd, said it well in a blog post featured on the Cooper Institute website, “tracking, logging, or monitoring devices help us self-correct

our behaviors and support consistent behavior change that leads to healthier lives.”

Hippocrates once said, “Walking is a man’s best medicine.” To find out if his 2,400 year-old remark was actually valid, two scientists from University College London performed a meta-analysis of research published between 1970 and 2007 in peer-reviewed journals. After studying more than 4,000 research papers, they identified 18 studies that met their high standards for quality. These overall studies evaluated 459,833 test-subjects who were absent of cardiovascular disease at the start of the investigation. The subjects were followed for an average of 11.3 years, during which cardiovascular events (i.e. heart attacks and deaths) were recorded.

Their meta-analysis makes a strong case for the benefits of good old walking. The group of studies showed that walking reduced the risk of cardiovascular events by 31 percent, and decreased the risk of dying during the time of the study by 32 percent. The benefit of walking was apparent even at short distances (5½ miles per week) and at a slow speed of about 2 mph (an average walking speed is considered 3.1 mph). Subjects who walked longer distances and walked at faster speeds experienced the greatest protection. Additional research has demonstrated individuals who use a pedometer take an additional 2,000 steps each day compared to nonusers and their overall physical activity level increases by 27 percent. Looks like its time to break out the pedometer and start to step it up!

Game Plan:

- Get a minimum of 8,500 steps/day up to 10,000 +
- Complete three 20:00 interval-based cardio sessions each week
- Use a heart monitor during all cardio

STEP 4: GET STRONGER

In my opinion, the fountain of youth for each of us as we age equates to one word – muscle. You need to build more of it because you will lose some of it as you age and that loss reduces functional ability, balance and changes with your metabolism. The only way to build and maintain muscle tissue is by strength training on a regular basis. If you do not strength train regularly, as you age, you will become

part of the statistical group that loses

approximately 5-8 pounds of lean muscle mass with each passing decade starting at about age thirty-five.

The average person can count on three things

during their lifetime: taxes, sarcopenia and death.

The definition of sarcopenia is the loss of skeletal muscle mass associated with aging. The term, first coined in 1989 by Dr. Irv Rosenberg at the USDA Human Nutrition Research Center on Aging at Tufts University in Boston, literally means “loss of flesh.” To prevent the loss of both muscle and strength (known as dynapenia) as you age, research has shown you must overload your muscles by strength training several times each week to prevent a loss in muscle size and strength.

According to research, individuals who did not strength train lost about 5 to 8 pounds of muscle every ten years and a by-product of this was a reduction in their metabolism by about 50 calories a day. As you grow older, the loss of muscle mass becomes more pronounced and by the time you reach the age of 70, the muscular system will experienced a 40 percent loss of muscle mass and a 30 percent decrease in strength by this point.

With the loss of muscle mass comes the loss of strength and power. A person's balance, mobility and functionality are also compromised. Strength appears to peak between the ages of 25 and 35 and is maintained (or decreases slightly) between ages of 40 and 59 and then declines by 12-14 percent per

decade after 50 years of age, according to research published by Doherty and colleagues.

During a typical week on the TBC30 Plan, you'll experience days where you work specifically on strength, a plank challenge, or get after it with interval-based cardio. You exercise three days and then take the fourth day off and continue this format throughout the four weeks (see below). Every fourth day should be used as a recovery day. Try to find time for massage if possible and buy yourself a foam roller and use it before or after each session and especially on your recovery day. You can visit [Perform Better](#) to purchase the product.

TBC30 Plan - Weekly Training Schedule

Session 1	Session 2	Session 3	Off Day	Session 4	Session 5	Session 6
S	HIIT	S	R	HIIT	S	HIIT
<p>note: S = strength day, HIIT = high-intensity interval training day (20:00), R = recovery day</p> <p>**If you are an exercise novice, replace the HIIT sessions with 20-minutes of basic cardio exercise.</p>						

Strength Days (3x/week, 30:00 sessions):

The goal regarding strength development is to focus on primary movements including the Squat, Deadlift, Loaded Carry, Lunge, Push, and Pull. Following Phase 1 (weeks 1-4) additional movements are then added like the Hip Hinge. The

key takeaway here is to master these basic movement patterns prior to increasing any type of volume. Build up to 2-4 sets of each exercise using a load that enables you to complete approximately 20-30 total repetitions of each movement by the time you're done. If you end up working for time instead of repetitions, aim for 30-60 seconds of work per set and perform the exercises in a circuit fashion for about 20-30 minutes. The goal is three times a week and if you have a long history of working out, you have the option of progressing to every other day after the first week. If you're new to the game, try only 1-2 circuits, 1-2 days a week and add in plenty of recovery between bouts of exercise. The volume of work (i.e., sets, repetitions, load) will depend on your ability and training history. An

example of a circuit workout would look something like this:

- Squat or Deadlift (use a Hex-bar when possible doing deadlifting; options for the Squat could include: body weight, split squats, jump squats, dumbbell squat, goblet squat, etc.)
- Pull variations (pull-up, TRX inverted row, lat pull-down, bent-over row, etc.)
- Lunge variation (front/backward/side/speed skater)
- Push variations (bench press, push-ups, shoulder press, etc.)
- Weighted Carry (kettlebell, dumbbells, weighted vest, weight plates, etc.)
- Repeat 2-3x (for desired repetitions or time)

Cardio Days (3x/week, 20:00 sessions):

Focus on short, challenging, interval-based training

(i.e. HIIT) when it comes time for cardio workouts and these can be done on among other things, a bike, elliptical, treadmill, jumping rope, versa-climber, stair-climber, swimming, on a rowing machine, stand-up paddleboard or running.

According to Len Kravitz, a researcher at the University of New Mexico in Albuquerque, “HIIT adds up to 15 percent more calories to the total calories expended.” That means if you’ve worked off 550 calories doing HIIT, you can reasonably expect to burn at least another 83 calories post-exercise. The HIIT sessions should include alternating formats using the following two protocols. The first option is to use a 5:00 warm-up followed by interval work involving a 1:2 work-to-rest ratio (i.e. 30-seconds of maximum effort, 1:00 lower intensity) x 6 rounds, then a cool-down for 5:00.

The second option includes a 5:00 warm-up followed by a 30-20-10 protocol. This means 30-seconds of moderate work followed by 20-seconds of work using an intermediate intensity followed by 10-seconds of maximum effort for a total of one-minute. Repeat this for 8 rounds followed by a 5:00 cool-down. Both of the workout protocols should take you about 20:00 to complete. The exercise intensity will depend on your ability and training history. The TBC30 Plan recommendation is to wear a heart rate monitor during workouts especially if you're new to exercise.

TBC4 Plank Challenge (3-4x/week) – First, determine a baseline in terms of how long you can hold the position using good form. Then work towards increasing your overall “hold” time for each workout or increase the overall time at the start of

each week. Systematically increase your “hold” time as you perform the plank (3 days/week or progress to every other day). Start the exercise initially on your forearms eventually progressing to keeping your arms fully extended. Try to double your time (from baseline) by the time you're done with your TBC30 Plan. You know your body best, it's your call, but know that volume typically increases by about 10-percent each week when it comes to strength training. You could probably be slightly more aggressive in terms of building up your hold time when it comes to exercises like the plank. Dr. Stuart McGill, PhD, who is a world-renowned spine biomechanics specialist and is considered a leading authority on core development, says that a two-minute plank is a good goal to shoot for regarding the standard abdominal plank on your elbows.

Game Plan:

- Increase Activity Level (7 days a week). Wear a pedometer and focus on reaching your daily step goal (a minimum of 8,500 to 10,000 + steps a day).
- Strength/HIT Training – 3 times each week.
- Plank Challenge: Plank 3 times a week.
- Increase daily step totals by 500 to 750 steps each week.

TBC30 Plan: Exercise Plan – Phase 1: week 1

Exercise	Time	Sets	Reps.
Foam Roller	5:00		
Mobility movements (3)	3:00		
Bird Dog		2-3	6-8
Prone Plank	30-sec.	2-3	
Side Plank	30-sec.	2-3	
Glute Bridge	30-sec.	2-3	
Squat		2-3	5-8
Pulling movement		2-3	8-10
Lunge variation		2-3	6-8
Pushing movement		2-3	8-10
Weighted Carry	30-sec.	2-3	
Pressing movement		2-3	8-10
Notes:			

TBC3o Plan: Exercise Plan – Phase 1: week 2

Exercise	Time	Sets	Reps.
Foam Roller	5:00		
Mobility movements (3)	4:00		
Bird Dog		2-4	6-8
Prone Plank	45-sec.	2-4	
Side Plank	45-sec.	2-4	
Glute Bridge	45-sec.	2-4	
Squat		2-4	5-8
Pulling movement		2-4	8-10
Lunge variation		2-4	6-8
Pushing movement		2-4	8-10
Weighted Carry	45-sec.	2-4	
Pressing movement		2-4	8-10
Notes:			

TBC3o Plan: Exercise Plan – Phase 1: week 3

Exercise	Time	Sets	Reps.
Foam Roller	5:00		
Mobility movements (3)	4:00		
Bird Dog		3-4	6-8
Prone Plank	60-sec.	3-4	
Side Plank	60-sec.	3-4	
Glute Bridge	60-sec.	3-4	
Squat		3-4	8-10
Pulling movement		3-4	8-12
Lunge variation		3-4	6-8
Pushing movement		3-4	8-12
Weighted Carry	60-sec.	3-4	
Pressing movement		3-4	8-12
Notes:			

TBC30 Plan: Exercise Plan – Phase 1: week 4

Exercise	Time	Sets	Reps.
Foam Roller	5:00		
Mobility movements (3)	5:00		
Bird Dog		3	8-10
Prone Plank	90-sec.	3	
Side Plank	75-sec.	3	
Glute Bridge	75-sec.	3	
Squat		3-4	8-10
Pulling movement		3-4	8-12
Lunge variation		3-4	8-10
Pushing movement		3-4	8-12
Weighted Carry	75-sec.	3-4	
Pressing movement		3-4	8-12
Notes:			

Notes for Exercise Plan – Phase 1: Weeks 1-4

Mobility movements: (1) kneeling thoracic-spine rotation, (2) side-lying t-spine rotation, (3) supine windmill.

See videos for each movement above at <http://instagram.com/michaelwoodfitness>

Leg exercise options: body weight squat, goblet squat, dumbbell squat, barbell squats, jump squats, sumo squat

Pulling options: TRX inverted row, pull-ups, chin-ups, dumbbell row, landmine row, lat pull-down

Pushing options: push-ups, bench press, T-push-ups,

Lunge variations: forward lunge, backward lunge, lateral lunge, skater lunge

Weighted Carry: kettlebell, dumbbell, weight plates, weighted vest, heavy med ball, sandbag

Pressing options: uni-lateral dumbbell press, military press, push press, landmine press, curl-to-press

Foam roller: pre/post workout focusing on tight, restricted areas

STEP 5: GET LEANER

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

— Hippocrates

“You are what you eat.” At times, it can be that simple. One of your goals is to keep a food journal and record everything you typically eat over a 3-5 day period. In order for your body to become lean (i.e. reduce percent body fat) over the course of the next month you will need to stick to your exercise routine and follow the eight TBC30 nutritional strategies. Focus on becoming more mindful of what you’re eating instead of getting into restricted

eating. According to Jean Kristeller, PhD, researcher and author of *The Joy of Half a Cookie*, restricted eating can be defined as a “dieting mindset that makes you hyperaware of every morsel you put into your mouth. The restricted eating mindset reduces the enjoyment of eating, socializing, and to some degree, life. Mindful eating is the middle way between mindless eating and restricted eating.” The goal is to find a balance between the two and keep that in the forefront of your mind as you work on incorporating the TBC30 nutritional strategies into the coming days and weeks.

Diet Strategy #1 – Drink more water first thing in the morning.

Research has shown that drinking 17-ounces of water upon waking up in the morning will increase

your metabolic rate by about 30 percent over the next few hours. The same researchers believe that over the course of a year, individuals who increase water consumption by just 1.5 liters a day could burn an extra 17,400 calories and experience a five-pound weight loss. In addition to starting off in the morning with water, drink a glass or two of water before each meal, this has been shown to curb appetite and in turn you may end up eating fewer calories. It has been said that “prevention is the best medicine” and this is especially true when it comes to drinking enough water. As your day progresses it’s also a good idea to have a glass of water before or with each meal. A report from the University of North Carolina at Chapel Hill showed people who drink 7 cups of water a day eat almost

200 fewer calories a day compared to people who drink less than a glass a day.

Diet Strategy #2 – Never skip breakfast.

I want you to start thinking about breakfast as breaking-the-fast (“BreakFast”). Research from the University of Massachusetts Medical School determined that those who skip breakfast are 4 ½ times more likely to be obese compared to people who make time to eat in the morning. Your breakfast should consist mostly of protein, healthy fats and complex carbohydrate. When you look at the thermic effect of food, it takes more energy (in the form of calories) to metabolize protein compared to carbohydrates or fats. A 12-week study of overweight and obese women found those who

consistently ate a big breakfast, mid-sized lunch and small dinner lost more than twice as much weight as women who took in the same calories, but in reverse order! Those who ate a big breakfast first, also reduced waist circumference, lowered blood glucose, insulin resistance, and levels of ghrelin, the hunger hormone. Finally, according to a Georgia Centenarian Study, individuals who eat breakfast regularly have lower rates of Type 2 diabetes and are less likely to develop heart failure over the course of their lifetime compared to than those who don’t eat breakfast. The study that looked at older Americans, over a 13-year period, suggests that regularly eating breakfast may lead to a longer-than-average life span.

Diet Strategy #3 – Don't drink your calories.

Try to use your calories for food and not beverages such as soda, sports drinks, and alcohol, especially since it has been shown that the average American drinks more than 60 gallons of soft drinks each year. The average person in the U.S. consumes 450 to 550 calories a day through drinking beverages like fruit juices, sports drinks, soda and alcohol. In was determined in 2006 that 21 percent of the calories that Americans consumed came from either soda, juice, milk, beer, or other beverages and that this number was up from 16 percent since the 1970's.

Diet Strategy #4 – Be aware of processed foods.

You know the deal here, "if it's white don't bite," be aware of items such as white bread, white potatoes, white rice, etc. White food generally refers to foods that are white in color and have been processed and refined, like flour, rice, pasta, crackers, cereal, cookies and simple sugars like table sugar and high-fructose corn syrup. Many of these processed foods are made of saturated fats and large amounts of sodium and sugar. The natural, unprocessed white foods, like egg whites, cauliflower, turnips, onions, white beans are not included in this category. I have had the pleasure of hearing Walter Willett, MD, speak on several occasions regarding different nutritional topics while at Tufts Research

Center on Aging in Boston. “Fat is not the problem,” says Dr. Walter Willett, chairman of the department of nutrition at the Harvard School of Public Health. “If Americans could eliminate sugary beverages, potatoes, white bread, pasta, white rice and sugary snacks, we would wipe out almost all the problems we have with weight and diabetes and other metabolic diseases.” Research from Harvard University published in the *New England Journal of Medicine* followed subjects over a 20-year period and determined that the food most often associated with weight gain was...you guessed it, white potatoes. Again, don’t focus on restricted eating, just be more mindful of what you’re eating.

Diet Strategy #5 – Decrease your added sugar and salt intake.

The average American consumes about 40 teaspoons of sugar each day (about 600 calories) and this far exceeds what your body needs. The American Heart Association recommends the amount be cut to a maximum of six teaspoons (100 calories or 25 grams) a day for women and nine teaspoons (150 calories or 38 grams) for men. According to Robert Lustig, MD, author of *Fat Chance*, and a leading expert in childhood obesity at the University of California, San Francisco, School of Medicine “sugar is not just an empty calorie, its effect on us is much more insidious. It’s a poison by itself.” Dr. Lustig and colleagues have also shown, through their research, that for each additional 150 calories of added sugar consumed per day, above daily requirements, was associated with a 1.1 percent increase risk of type 2 diabetes. A

2013 review of 68 different studies found "consistent evidence that increasing or decreasing intake of dietary sugars from current levels of intake is associated with corresponding changes in body weight in adults" (BMJ, 2013). When you really want to lose weight, exercise and cutting your added sugar intake is a great place to start. Start reading food labels and become more aware of the sugar content in everything you eat. There are a few great apps that you can use to help you monitor your added sugar intake like MyFitnessPal, Fooducate, Sugar Rush and LoseIt. Watch out especially for sucrose (table sugar), fructose (sugars found in fruits), and high-fructose corn syrup (HFCS), a mixture of glucose and fructose, and can be found in everything from ketchup to Gatorade. One study that was completed at the University of

California at Davis, found adults who consumed 25 percent of their daily calories from HFCS for two weeks had increase levels of cholesterol and triglycerides, indicators of increased risk for heart disease. And in 2011, researchers at Georgia Health Sciences University concluded that high fructose consumption by teenagers could potentially put them at risk for heart disease and diabetes. The outlook doesn't get much better when we shift our attention to daily salt intake. It may be hard to believe but the average person consumes more than 6000 milligrams (mg) of salt each day that is about 2.5 times the recommended amount of 2400 mg a day. According to the American Heart Association, individuals should "reduce their sodium intake to 1,500 mg per day and not exceed 2,300 mg per day." But most of us get 1.5 teaspoons

(or 8,500 mg) of salt daily. This translates to about 3,400 mg of daily sodium. It is true that your body needs a certain amount of sodium, but too much can increase blood pressure and increase the risk of heart disease and stroke. Eating more than 2,300 mg of salt per day could raise your blood pressure to unhealthy levels. If you're someone who already has high blood pressure, your doctor may recommend that you keep your sodium intake below 1,500 mg a day. Finally, remember that your body only needs about 3.8 grams of salt per day so don't be like most people and consume 7 to 8 grams a day.

Diet Strategy #6 – Be aware of portion distortion.

Watch your portion size for each meal and every snack; this is an easy way to consume extra calories

over the course of a day. If you are eating out at a restaurant and the size of the meal is too big, take away a quarter of the meal and you will eliminate 500 calories or more. Think about portion sizes as the size of your fist or for the sports fans out there, the size of a hockey puck, for each food group you have on your plate. Speaking of plates, start to use smaller plates, bowls and glasses when you eat. Bigger portion-size and “super-size” can be found at most fast food chains – so for the next 4-weeks work hard to eliminate any fast food you typically eat. One lunchtime meal at McDonald's can wreck your day not to mention your waistline with one of their 1600-calorie meals.

Diet Strategy #7 – Eat more fruits and vegetables.

You invariably know this and you have heard it all your life, now you need to simply do it. Many fruits and vegetables are considered super foods and are rich in anti-oxidants, high in fiber, vitamins, minerals, and low in calories. The key word here is fiber and by increasing your daily fruit and vegetable intake you'll improve your chances of consuming 35-38 grams/fiber/day for men or about 25-28 grams/fiber/day if you're a women. Another way to look at this is to eat 14 grams of fiber for every 1,000 calories that you consume. Many nutritionists recommend at least five to nine servings of fruits and vegetables a day and the problem is that Americans get less than five servings a day. Focus on getting a little more fiber

(and protein) in your meals and snacks and you'll find yourself less hungry between meals.

Diet Strategy #8 – Decrease your calories prior to bedtime.

If all else fails, make sure you at least follow this last strategy over the next four weeks (in addition to of course cutting back on added sugar). Your goal is to avoid any "empty" or non-nutritional calories 3-4 hours prior to going to sleep. This includes especially foods or drinks that contain any caffeine or alcohol. This may be difficult for some of you because of busy work schedules or because you need to entertain clients for work and they typically eat and drink later in the evening. You may find that the quality of your sleep will improve if you cut out caffeine, alcohol and any extra calories after

dinner. Many of us seem to do well during the day when it comes to caloric intake; it is usually late night when those extra calories seem to sneak in there. Even a few hundred extra calories each night, collectively over the course of a week, could be the culprit for weight gain. Taking something like a whey or casein protein drink prior to bed would be one exception to this strategy.

Game Plan:

- Follow the 8-Nutritional Strategies each day.
- Focus on reducing added sugar. A goal for women is <100 calories (25 grams) of added sugar a day. A goal for men is <150 calories (38 grams) of added sugar a day. Increase the amount of daily fiber. You can use the exact same daily gram number that you

need for added sugar as a goal when monitoring your fiber intake.

STEP 6: GET MORE SLEEP

“Sleep is the best meditation.”

- Dalai Lama

The sixth and final step requires you to get more sleep. It is one of the most important steps because proper “recovery” is critical. When your body is given plenty of time to recover – through adequate sleep – it runs optimally. Sleep is essential to willpower and a little willpower will always come in handy when trying to be more mindful of diet and exercise and making the appropriate choices.

We have become a sleep-deprived society and the evidence supports this; showing that we sleep on an average 6.8 hours as opposed to 9 hours a century

ago. About 30 percent of adults report sleeping less than 6 hours per night. A study published in the *Canadian Medical Association Journal* showed that individuals who got less than 5.5 hours of sleep each night lost 60 percent more lean muscle than those who got adequate sleep. Another study from the University of Colorado showed subjects that got minimal sleep on consecutive nights gained two pounds on average over the course of the study. A second study from the University of Pennsylvania Sleep and Chronobiology Laboratory looked at the sleeping and eating behavior of 225 people. They reported in the journal *Sleep*, when you’re awake between the hours of 10 p.m. and 4 a.m., you’re more likely to consume extra calories. The group ate an average of 553 more calories, typically

choosing foods higher in fat, when they were kept awake until the early morning hours.

The most valuable assets you have are your body and mind and it requires a certain amount of sleep each night to function optimally yet 60 percent of the population is not sleeping well throughout the night. Start to think of sleep as a time to restore your body and mind. This is critical because without a sufficient amount of sleep each night, your body will not be able to perform at an optimal level. Research has shown that people who get less than six hours of sleep a night have higher blood levels of inflammatory proteins than those who get more than six hours. This is important because inflammation is linked to diabetes, stroke, heart disease, arthritis, and premature aging, according to a data published in the Centers for Disease and

Control and Morbidity and Mortality

Report. Research conducted in 2004 has shown that sleep deprivation can enhance the release of specific peptides in the body that produce hunger. Men that slept only four hours each night for two days witnessed a decrease in specific hormones such as leptin and an increase in ghrelin compared with men who slept ten hours during that same time period. Leptin is an appetite suppressant hormone that is produced by adipose (fat) tissue, and ghrelin is released from the stomach in response to someone fasting and promotes the feeling of hunger. The hormone leptin acts on the central nervous system, most notably the hypothalamus, by not only suppressing food intake but stimulating energy expenditure as well. Ghrelin levels typically increase before meals and decrease

after meals. This particular hormone stimulates appetite as well fat production and can lead to increased food intake and a gain in body weight. A growing number of researchers are beginning to think the obesity epidemic in this country may be caused partly by lack of sleep and the effect this has on specific hormones. In addition, if you're going to bed late, the odds are you're up watching late night television with Jimmy Fallon or Jimmy Kimmel and involved in mindless snacking. There is nothing worse than a few late night calories before going to bed. Additional research from the University of Chicago and the University of Wisconsin has shown that subjects who monitored their caloric intake and averaged 5.5 hours of sleep had more body fat compared to subjects who were consistently getting 8.5 hours of sleep. The National Sleep Foundation's

sleep recommendations of 7-9 hours of uninterrupted sleep for adults (ages 18-64) and 7-8 hours of sleep for older adults (age 65+) were updated in 2015 and published in *Sleep Health: The Official Journal of the National Sleep Foundation*. Finally, the Wisconsin Sleep Cohort Study looked at more than 1,000 subjects and found those who slept less than 8 hours a night had an increase in BMI that was proportional to decreased sleep. This group of researchers also found that shorter sleep times were associated with an increase in circulating ghrelin and decrease in leptin, a pattern that is consistent with low energy levels. Are you wondering right about now what a good definition of sleep might be? Glad you were wondering because according to William Dement, MD, author of *The Promise of Sleep*, there are two

essential features that distinguish sleep from various sleep-like states. The first is that it occurs naturally (i.e. no sleeping pills) and the second is that it is a daily occurrence in humans. When you're not getting adequate amounts of sleep you're likely to go into sleep debt which according to Dement is the accumulated loss of sleep over a length of time; it is like a monetary debt and it must eventually be paid back. One final comment on the importance of sleep and it is explained nicely in the book, *Biological Rhythms and Exercise*: "Weight-training exercises may be unaffected by partial sleep loss early on in a training session, but the performance suffers due to lack of drive and concentration as the (exercise) session continues." As you begin to add the six steps from the TBC30 Plan into your daily routine, you will

start to notice your energy level is better throughout the day and while exercising. The final step, Get More Sleep, is one area that many feel like they can neglect but as I previously mentioned it's probably one of the most important steps because the other five steps are so dependent on this step, so, you may want to start focusing on this critical step starting tonight. Here is the link to a good Sleep Self Assessment Quiz you can take. Visit the following website www.talkaboutsleee.com/sleep-self-assessment-quiz/

Game Plan:

- Eliminate all products containing caffeine (coffee, chocolate etc.) by mid-day.
- Sleep goal for adults: 7-9 hours of uninterrupted sleep (18-65 year old).
- Sleep goal for older adults: 7-8 hours.

- Perform a Follow-up Assessment.

You need to complete your baseline assessment prior to your first training session while your follow-up assessment can be completed on day 30 after you complete your TBC30 Plan. Best of luck and remember that you now have a “Game Plan” to follow. Remember, when difficulty arise, fall back on the TBC30 strategies you’ve learned and remember this quote from Henry Ford...”whether you think you can or think you can’t, your right. Finally, please email me at woodspg@gmail.com and let me know how you made out and if you’re interested in our web-based coaching services at michaelwoodfitness.com - Stay Strong!

Appendix 1. TBC30 Baseline & Follow-up Assessment Form

Measurement	Baseline Date:	Follow-up Date:	Delta	Comment
WHR				Record in inches
HWR				You want 2:1 ratio
Body Weight				
% Body Fat				
Plank Test (record time)				
3-Day Ave. Steps (pedometer)				Goal: 10,000 steps/day
Added Sugar (grams/day)				Goal: Men = 38 grams/day Women = 25 g/day

Notes for TBC30 Assessment

WHR = waist-to-hip ratio

This is one of the most important numbers you should be aware of and make sure you keep an eye on it over time. Divide your waist circumference (in inches) by your hip circumference. For men the goal is to have a WHR <0.90 and <0.80 for women. These numbers, according to research, equate to normal body weight values. Men should avoid a score >1.0 while women should avoid a score >0.85 – a number beyond these two points is considered obese.

HWR = height-to-waist ratio

This is another good metric, like WHR, that you need to monitor over time. The goal here is to have a 2:1 ratio.

% Body Fat

Ideally, get this done by a reputable coach or trainer and monitor over time. Some of the latest research shows the average percent body fat level for an adult male is about 28% and for a female it's about 38%. Ideally, stay below 25% for men with a long-term goal of $<20\%$. For women, maintain a percent body fat level $<30\text{-}32\%$. For comparison, college-age men and women – non-athletes - are typically 15% and 23% respectively while athletes can be half of those numbers.

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